

### Abstract of the Disclosure

Personal hydration systems that are at least partially, if not completely, formed from chemically resistant materials and/or which include at least one quick-connect assembly. The hydration system includes a fluid reservoir and may be housed  
5 within a pack. Drink fluid is drawn from the reservoir through a drink tube to a mouthpiece. In some embodiments, the hydration system includes a manually actuated on/off valve, a filter, a pump, and/or a bite-actuated mouthpiece. The quick-connect assembly fluidly interconnects components of the hydration system and is configured to quickly release, and permit reattachment of, the detached components or replacement  
10 components, which may enable different performance from the detached components. In some embodiments, at least a portion, if not the entire, hydration system is formed from at least one chemically resistant material. In some embodiments, the reservoir is formed from a heat-sealable and/or multilaminate material.